

Thyme Chicken with Cranberries Recipe

This very flavorful heart healthy chicken dish. It pairs well with basmati rice and a fresh greens salad. Great for a crowd, especially around the holidays, whether Thanksgiving, Christmas or Easter.

Ingredients:

6-8 boneless skinless chicken breasts, cut in half lengthwise
6 cloves fresh minced garlic
2 tbsp/30ml dried thyme
1 tbsp/15ml ground cumin
1 tsp/5ml ground ginger
½ tsp/2ml freshly ground black pepper
½ cup/125ml red wine vinegar
½ cup/125ml good quality extra virgin olive oil
¾ cup/175 ml dried cranberries
¼ cup/60ml packed brown sugar, optional
Lemon zest from 1 lemon, optional

Method:

1. In large bowl, mix together garlic, thyme, cumin, ginger, pepper, vinegar, oil, and cranberries. Add chicken and coat with marinade. Cover and marinate in fridge overnight or same day. Remove bowl from fridge one hour before cooking.
2. Preheat oven to 350F.
3. Arrange the chicken breast pieces in a single layer in a 9" x 13" baking pan. Spoon the marinade mixture evenly over the chicken. Sprinkle brown sugar on top of the pieces.
4. Cover the pan with aluminum foil. Bake for 10-15 minutes. Remove the foil. Then bake another 10-15 minutes, until juices run clear when poked with a fork. Do not overbake.
5. Let chicken sit for about 5 minutes before serving. Sprinkle with lemon zest if desired.